Exercise	Bones Involved	Agonist	Antagonist	Type of Contraction	Function of the Agonist
1. Arm Curls		Bicep Brachii	Tricep Brachii	Concentric	Elbow Flexion
2. Tricep Extension		Tricep Brachii	Bicep Brachii	Concentric	Elbow Extension
3. Chest Press		Pectoralis Major	Latisimus Dorsi. Rhomboids	Concentric & Eccentric	Adduct and internally rotate Humerus

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Exercise	Bones Involved	Agonist	Antagonist	Type of Contraction	Function of the Agonist
4. Dumbell Raises		Deltoids	Latisimus Dorsi	Concentric	Abduct Humerus
5. Chin Ups		Latisimus Dorsi	Pectorals Deltoids	Concentric	Adduct Humerus
6. Bent Over Rows		Rhomboids	Pectorals	Concentric	Retract Scapula
7. Leg Extensions		Quadriceps	Hamstring	Concentric & Eccentric	Knee Extension

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8. Leg Curls		Hamstring	Quadriceps	Concentric & Eccentric	Knee Flexion
9. Toe Raises		Gastroc-nemius	Tibialis Anterior	Concentric	Plantar Flexion
10.Crunches		Rectus Abdominus	Erector Spinae	Concentric	Flex the Spine

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